

# WEST BEND

## 4 – QUART SLOW COOKER

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To prevent personal injury or property damage, read and follow the instructions and warnings in this care and use instruction manual.

### CARE AND USE INSTRUCTIONS

#### IMPORTANT SAFEGARDS

Use electricity safely and wisely! Observe safety precautions when using your West Bend® Slow Cooker, including the following:

- ?? Read all instructions before using
- ?? Always attach cord to electric heating base first, then plug cord into wall outlet. Let heating base cool completely before removing cord. Do not leave cooker plugged in when not being used.
- ?? Cooker should always be unplugged before cleaning.
- ?? Do not let cord touch hot surfaces or hang over the edge of a counter, table, or other surface area.
- ?? The electric heating base, its cord, and plugs should not be used outdoors, immersed in liquid, placed near a hot gas or electric burner or placed in a heated oven.
- ?? Do not touch slow cooker pot, cover or electric heating base when they are hot. Use oven mitts on handles when lifting or carrying. Be very careful when moving cooker if it contains hot liquid. Let cool before pouring out.
- ?? Supervise closely when cooker is being used by or near children.
- ?? Use your cooker for only the cooking tasks described in this booklet. Do not use attachments with your cooker unless recommended by The West Bend Company.
- ?? Do not use your cooker if it or its cord have been damaged or if it is not working properly. If your West Bend slow cooker is within the warranty period return it to The West Bend Company for examination and/or repair.

#### SAVE THESE INSTRUCTIONS

Your slow cooker needs no special care other than cleaning. If servicing becomes necessary and your cooker is within the warranty period, return to The West Bend Company. See Warranty section in this booklet for service details. Do not attempt to repair it yourself.

**For Household Use Only.**

**Warning:** To prevent personal injury or property damage caused by fire, always unplug this and other appliances when not in use.

#### Electric Cord Statement:

**Caution:** Your Slow cooker has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this Slow Cooker without close adult supervision. If you must use a longer cordset or an extension cord when using this Slow Cooker, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop, or surface area where it can be pulled on by children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more wattage of the Slow Cooker (wattage is stamped on the underside of the base).

#### SPECIAL SAFEGUARDS FOR GLASS COVER

Failure to follow these instructions may cause immediate or later breakage of the glass cover, which may result in personal injury or property damage. Carefully read and follow the safeguards below:

**CAUTION:** Glass cover can shatter from direct heat.

- ?? DO NOT place cover under broiler, microwave browning element or toaster oven
- ?? DO NOT set glass cover on hot burner or on oven heat vent.
- ?? DO NOT use cover if it has been used in the above manners even if it does not look damaged. See Warranty section in this booklet on how to obtain a replacement cover.

**CAUTION:** Glass covers can shatter if cooled suddenly. Avoid severe temperature change.

- ?? DO NOT take cover directly from freezer to oven.
- ?? DO NOT set hot glass cover on cold or wet surface; let cool before placing in water.
- ?? ALWAYS handle hot cover with dry oven mitts; do not use wet cloths.
- ?? ALWAYS set hot glass cover on dry heat protective surface for gradual cooling.

**CAUTION:** Chips, cracks or deep scratches weaken the glass cover. Weakened glass can shatter during use.

- ?? DO NOT use cover if chipped, cracked or scratched. Discard immediately. See Warranty section in this booklet on how to order a replacement cover.

- ?? ALWAYS follow care and use instructions in this booklet to avoid chips, cracks and scratches due to hitting rims using metal utensils, using abrasive scouring pads or cleansers or from accidental impact.

**CAUTION:** To prevent personal injury when removing cover from pot:

- ?? ALWAYS use oven mitts when removing cover from pot.  
?? ALWAYS tilt cover toward you to prevent steam burns. See diagram.



## CARE AND USE

### ?? Clean Before Using The First Time

Wash slow cooker pot and cover in hot soapy water with a dishcloth or sponge, rinse and dry. If roasting rack is included, wash in same manner as cooking pot and cover. Wipe non-stick finish of slow cooker heating base with a damp cloth and dry with a soft cloth.

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker heating base its cord or plugs in water or other liquid.

### ?? Condition Inside of Cooking Pot

After initial cleaning, wipe the non-stick finish on inside of cooking pot with a teaspoon of vegetable oil, using a paper towel. This will condition the non-stick finish to prevent sticking. Do not use shortening, or butter to condition the finish. Leave a light film of oil on finish. The cooker is now ready to use.

The non-stick finish will need to be reconditioned after each time the cooking pan is 1) cleaned in an automatic dishwasher, 2) the finish is treated with a special cleaner, 3) the finish is cleaned with lemon juice or white distilled vinegar to remove a mineral film, or 4) when sticking becomes a problem during use.

## **DO NOT CONDITION NON-STICK SURFACE OF SLOW COOKER HEATING BASE BEFORE USING AS A SLOW COOKER.**

Non-stick finish of heating base should only be conditioned when it is used as a grill. See that section in this care and use instruction booklet.

### ?? Using Slow Cooker

1. Place heating base on a dry, level, heat-resistant surface away from any edge.
2. Place foods into slow cooker pot, cover and place cooking pot onto heating base. (If you wish to brown or precook any foods before slow cooking, place slow cooker pot directly on range-top unit over medium heat. After foods are browned or cooked, transfer pot to heating base.) See additional tips for slow cooking later in this booklet.
3. Attach cord to base, then plug cord into 120 volt AC electrical outlet ONLY.

**CAUTION:** To prevent personal injury or property damage, inspect cordset for damage or wear before each use. Do not use your product if it or its cord has been damaged or if it is not working properly.

4. There are five numbered heat settings on the heating base, 1 to 5. Heat setting # 1 should **only** be used to warm dinner rolls, muffins, etc. Heat setting # 2 should **only** be used to keep warm cooked foods for serving, whereas Heat Settings #3, #4 and #5 are to be used for actual cooking of foods. Set the dial directly at the numbered heat setting or midway between the numbered heat settings for complete temperature control. **DO NOT USE A HEAT SETTING BELOW # 3 FOR ACTUAL COOKING OF RAW FOODS AS SLOW COOKER DOES NOT GET HOT ENOUGH TO COOK FOODS AT SETTING #1 OR #2.** Set heat setting and cook food for recommended time as given in recipe. As a general guideline, most meat and vegetable combinations need 7 to 10 hours of cooking at Setting #3 (low), 4 to 6 hours of cooking at Setting #4 (medium) or 2 to 3 hours of cooking at Setting #5 (high). Meats will become the most tender when cooked for the longer time at the lower heat setting. Avoid removing cover when slow cooking as cooking time will be increased due to loss of temperature. Remove cover only when needed to stir occasionally or when adding ingredients.

**CAUTION:** To prevent personal injury, always use oven mitts when handling cover and cooking pot as handles become hot. Also be careful when removing cover to avoid steam burns.

5. After food is cooked, reduce heat to Setting # 2 for serving OR unplug cord from outlet to turn cooker off. **Slow cooker must be unplugged from outlet to turn off.** Allow slow cooker to cool before cleaning.

### ?? Using Cooking Pot on Top of Range

The slow cooker pot (without heating base) can be used for range top cooking. Place pot on large range unit. Use medium to low heat. The use of low to moderate heat will prevent foods from overcooking, reduce spattering and help retain natural juices. Do not use high heat except for bringing liquids to a boil. If cooking on a gas range, do not let flames extend up the side of the pot. **ALWAYS USE OVEN MITTS WHEN USING POT AND COVER ON RANGE UNIT.**

When cooking meats, preheat empty cooking pot over medium to medium-low heat for 2 to 3 minutes or until a drop of water sizzles in pot. To prevent sticking of lean meats, you may wish to add a small amount of cooking oil. Add meat and brown as desired. Cover pot and reduce heat to low for cooking on range top OR transfer cooking pot to heating base and cook at setting #3, #4 or #5.

## ?? Using Cooking Pot in Oven

The slow cooker pot (without heating base) can be used in an conventional or convection oven to preheated temperatures of 400° F. If cooking pot is covered, **use only glass cover in oven; do not use plastic cover as damage will occur.** Cooking pot may be covered with aluminum foil for oven use. **ALWAYS USE OVEN MITTS WHEN USING POT IN OVEN.**

**DO NOT USE METAL COOKING POT IN MICROWAVE OVEN, OVER A CAMPFIRE OR UNDER AN OVEN BROILER UNIT TO PREVENT DAMAGE TO THE COOKING POT OR OVEN.**

## ?? Using Cooking Tools on Non-Stick Finish

The following types of cooking tools may be used on the non-stick finish: plastic, rubber and wooden. Smooth-edged metal spoons and spatulas may be used with care. Do not use sharp-edged metal cooking tools (forks, knives, and mashers) as these could scratch the non-stick finish. Minor scratching will not harm the non-stick finish or the food cooked in the pot.

## ?? Using Glass Casserole Cover as a Casserole Dish

Your slow cooker is equipped with a glass casserole cover that when inverted can be used as a 1 ½ quart casserole dish. The casserole cover may be used in a conventional or convection oven up to 400° F; or in a microwave oven. Do not use cover under a broiler or browning unit in a toaster oven.

**CAUTION:** To prevent damage to cover, property damage, or personal injury, do not use glass cover on a range top unit as it could shatter due to sudden temperature change. If casserole should be covered during baking in oven, use aluminum foil in conventional ovens and plastic wrap in a microwave oven. **ALWAYS USE OVEN MITTS WHEN USING COVER IN ANY OVEN**

## ?? Using Roasting Rack (if included)

Your slow cooker may include a small wire roasting rack for use in roasting meat and poultry. If a rack was not included with your particular model, you may order one. See Warranty section for details.

To use rack, simply place in bottom of slow cooker pot and place roast, chicken or ham onto rack. Add a small amount of liquid to pot before cooking. If you wish, the meat can be browned in cooking pot on the top of the range before roasting. After browning, place rack underneath meat for roasting. See recipe instructions.

The rack can also be used for steaming fresh vegetables such as broccoli and corn-on-the-cob. Add 1 cup of water to cooking pot to steam vegetables. Cook on top of the range over medium to medium-low heat or on heating base at Setting #5 to desired doneness.

## ?? Using Electric Base with Other Utensils

The slow cooker base may be used as a warming and cooking unit for heatproof utensils other than the slow cooker pot, such as a rectangular heatproof casserole dish. **DO NOT USE PLASTIC COOKING OR SERVING DISHES ON THE BASE.** To ensure safe use make certain dish rests securely on base before using it to cook or warm.

# CARE AND CLEANING

## ?? Cleaning Slow Cooker Pot

Wash slow cooker pot in hot soapy water using a nylon scouring pad as recommended for non-stick surfaces. To remove food or heat stains from outside of the pot, also use a non-abrasive cleaner such as Bon Ami®, **Do not use abrasive scouring pads or cleaners on slow cooker pot as damage can occur.**

After washing pot, rinse with hot water and dry.

## ?? Cleaning Cover

Wash slow cooker cover in hot soapy water using a dishcloth or sponge. Rinse and dry. Be careful not to drop cover or hit it sharply with cooking utensils.

**CAUTION:** Do not use abrasive scouring pads or cleaners on glass cover as scratching can occur. Scratching can weaken glass and cause breakage while being used.

## ?? Cleaning Rack (if included)

Wash roasting rack in hot soapy water using a dishcloth or sponge. Rinse and dry. Do not use abrasive scouring pads or cleaners on rack as damage to chrome plating can occur.

## ?? Dishwasher Cleaning

The slow cooker pot, glass cover and rack (if included) can be washed in an automatic dishwasher. To prevent scratching, place pieces into dishwasher rack so they do not touch on another or other objects being cleaned. The non-stick surface must be reconditioned with cooking oil after it is cleaned in a dishwasher to restore non-stick properties.

## ?? Cleaning Electric Slow Cooker Base

Always unplug cord from electric outlet and allow base to cool before cleaning. Wipe base with damp cloth and dry with a soft cloth.

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid.

#### ?? **Special Care For Non-Stick Finish or Slow Cooker Pot**

1. A spotted white film may form on non-stick finish. This is a buildup of minerals from water and is not a defect in the finish. To remove, soak a soft cloth in lemon juice or white distilled vinegar and rub on finish. Wash non-stick finish thoroughly, rinse and dry. Recondition non-stick finish with cooking oil before using.
2. Staining of the non-stick finish may result from improper cleaning or overheating. To remove stains, use a commercial cleaner such as Dip-It® coffee pot destainer. Follow package directions for non-stick cookware. After cleaning, wash non-stick finish thoroughly with hot soapy water, rinse and dry. Recondition non-stick finish with cooking oil before using. Do not use bleach to clean non-stick finish; it will permanently fade the color. Dip-It® coffeepot destainer can be found in most grocery or hardware stores.

### **TIPS FOR ADAPTING RECIPES TO SLOW COOKING**

Many of your favorite oven and range top recipes can be adapted to slow cooking with a few minor changes. Here are some important points to remember.

#### **Amount of Liquid:**

Because little moisture evaporates during slow cooking, reduce amount of liquid in your recipe by one-half (1 cup of liquid is enough for most recipes). For soup recipes, add all ingredients except water or broth to the pot; add only enough liquid to cover ingredients.

#### **Amount of Seasoning:**

Reduce amount of seasoning in proportion with reduced amount of liquid. Use whole or leaf herbs and spices rather than crushed or ground forms.

#### **Slow Cooking Meats:**

Less tender, expensive cuts of meat are better suited to slow cooking than expensive cuts of meat. Remove excess fat before slow cooking if desired. Meat can be browned in the slow cooker pot on top of the range before slow cooking. Insert meat thermometer into meat when necessary to ensure meat is cooked to desired or recommended doneness.

#### **Slow Cooking Vegetables:**

Add partially frozen vegetables, Chinese vegetables, and fresh mushrooms during last hour of cooking. Strong flavored vegetables such as spinach, eggplant, okra and collard greens should be precooked before adding to the cooker. The amount of onion normally used in your recipe should be reduced because its flavor will get stronger during cooking. In most cases, fresh vegetables take longer to cook than meats because liquid simmers rather than boils. Always cut fresh vegetables into bit-sized pieces to ensure doneness.

#### **Slow Cooking Raw Meats and Vegetables:**

Most raw meat and vegetable combinations need at least 7 to 10 hours of cooking at #3, or 4 to 6 hours at setting #4 (medium) or 2 to 3 hours on setting #5 (high).

#### **Slow Cooking Fish and Seafood:**

Fresh or thawed seafood and fish fall apart during long hours of cooking. Add these ingredients an hour before serving and cook at setting #5.

#### **Slow Cooking Milk, Sweet or Sour Cream and Cheese:**

Because milk, sour or sweet cream and cheese break down during long hours of cooking, add these ingredients just before serving or substitute undiluted condensed canned soups or evaporated milk. Processed cheese tends to give better results than aged cheese.

#### **Rice and Pasta:**

Rice and pasta may either be cooked separately or added uncooked during the last hour of cooking time. If added uncooked, make sure there is at least 1 to 1½ cups of liquid in the pot and heat is set at Setting # 3 or higher.

#### **Dumplings:**

Dumplings may be cooked in broth or gravy at Setting # 5. Drop by spoonfuls on simmering broth or gravy. Cook, covered, for 30 minutes.

#### **Thickening Juices for Gravies and Sauces:**

To thicken juices for gravies and sauces, add 2 to 3 tablespoons of quick cooking tapioca to start, or thicken by adding a smooth paste of 2 to 4 tablespoons cornstarch or flour and ¼ cup cold water. Bring to a boil at Setting # 5. (Solid foods may be removed first)

**Don't remove cover During Cooking:** To retain heat, moisture and food flavor, don't remove cover during cooking unless necessary for adding additional ingredients.

### **GRILLING ON ELECTRIC SLOW COOKER BASE**

Small quantities of food can be cooked on the non-stick coated surface of the slow cooker heating base. Follow the guidelines below. Due to the low wattage of the base, cooking time will be longer than using a larger griddle or skillet.

#### ?? **Cleaning Before Using**

Before grilling, wipe non-stick surface of base with a damp soapy cloth, then wipe several times to remove soap residue. Wipe dry with a soft cloth.

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid.

#### ?? **Condition Non-Stick Finish**

Just before using base as a grill, condition the non-stick finish with a teaspoon of cooking oil. Wipe oil evenly over finish, leaving a light film of oil. **Do Not** use shortening or butter to condition finish.

## ?? Grilling Instructions

Follow recommended heat setting and cooking times for specific foods as listed in Grilling Chart later in this booklet. Always preheat grill for 5 minutes as recommended in chart. A small amount of butter or margarine may be used while grilling food to add flavor and aid in browning if desired. Always use plastic, rubber or wooden cook tools on non-stick finish to prevent scratching. Unplug cord from electric outlet to turn off base.

## ?? Clean After Grilling

Always unplug cord from electric outlet and allow base to cool before cleaning. With a spoon or baster, remove any fat or grease that has collected on the grill surface. Wipe oil residue from base with paper toweling.

Wipe non-stick finish with a damp, soapy dishcloth or nylon scouring pad recommended for non-stick finishes such as Dobie®. Clean finish thoroughly. Wipe base several times with a clean damp cloth to remove soap residue, then dry with a soft cloth.

**CAUTION:** To prevent personal injury or electric shock, do not immerse slow cooker base, its cord or plugs in water or other liquid. If tacky oil film forms on non-stick finish of base, wipe with a dry cloth to remove. If this residue is not removed, it will adhere to the finish. When reheated and become impossible to remove.

## Grilling Food and Temperature Guide

### Preheat Grill Base at Setting # 4 for 5 minutes

Food	Setting	Time	Comments
Eggs, fried (up to 3)	#4	3 minutes/side	Fry with or without cooking oil or butter. However, their use enhances flavor and tenderness.
Eggs, scrambled (up to 4)	#4	5 minutes	In mixing bowl, combine 4 eggs, ¼ cup milk, ¼ teaspoon salt and dash pepper. Pour onto preheated base and stir until egg - mixture is cooked.
Frankfurters (up to 10)	#4	12 minutes	Place on ungreased grill, turn with tongs to prevent bursting
Hamburgers, 2 at a time ( ¼ pound each)	#4	Medium-Well: 7 minutes/side	Place on ungreased grill. Remove excess fat with spoon or baster.
French toast (2 slices at one time)	#4	3 minutes /side	Dip bread in egg-milk mixture (for 6 slices, combine 1 beaten egg, 1 cup milk, and 1 teaspoon salt). Place bread on ungreased grill or sauté in butter or margarine
Pancakes, 2 at one time	#4	1 minute/side	Add 2 tablespoons melted butter, margarine or cooking oil to packaged mix batter. Bake until batter until bubbles appear, turn and bake second side
Pork Chops, 2 center-cut chops ( ½ inch thick)	#4	10 minutes/side	Place on ungreased grill. Pork should be served well done.
Sandwiches, 2 at one time	#4	5 minutes/side	Place filling between slices of bread. Spread outside of bread with softened butter or margarine, or dip in French toast batter.
Sausage Links, up to 10	#4	20 minutes	Turn every 5 minutes for even browning. Remove fat as it collects with spoon or baster
Smoked Sausage Links, up to 10 regular or 20 cocktail size	#4	5 minutes	Turn at 2 ½ minutes
Keep warm for serving	#2		Place hot hors d' oeuvres or canapés on grill to keep warm for serving. To keep grilled foods warm for serving, reduce heat setting to # 2 when cooking is complete

### Place Food on Cold Grill Base ---No Preheat:

Bacon (up to 7 slices)	#4	6 to 7 minutes/side	Turn and separate slices as bacon cooks. Remove excess fat with spoon or baster.
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**NOTE:** Watch carefully when frying fatty foods so that grease does not run off the grilling surface down the sides of the base; if grease overflows, it could damage the electrical part inside of base.

# RECIPES

## Beef Vegetable Soup

- 1½ pounds beef soup bones or 1 pound beef short ribs
- 1 ½ quarts water
- 1 Teaspoon salt
- ¼ Teaspoon pepper
- 2 Carrots, chopped
- 2 Ribs, celery, chopped
- 2 Potatoes, peeled and chopped
- 1 Small onion
- 1 Bay leaf
- 1 16-ounce can whole tomatoes, undrained

1. Place soup bone, water, salt, pepper, carrots, celery, potatoes, onion and bay leaf into slow cooking pot. Cover and slow cook at setting #3 for 6 to 7 hours.
  2. Remove soup bone and cool slightly. Remove meat from bones and return to soup with tomatoes. Cover and slow cook an additional hour. Noodles or barley may be added if desired.
- Makes 6 servings

## Chili

- 1 ½ pounds ground beef
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 clove garlic, minced
- 1 28-ounce can whole tomatoes, undrained
- 1 16-ounce can kidney beans, undrained
- 1 ½ tablespoons, chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- ½ teaspoon pepper

1. Brown ground beef with onion and green pepper in slow cooking pot over medium heat of range unit. Remove excess grease.
  2. Transfer cooking pot to heating base using hot pads. Add remaining ingredients, stir to blend. Cover and slow cook at setting # 3 for 7 to 8 hours. Reduce heat to setting # 2 for serving.
- Makes 6 to 8 servings.

## Hearty Chicken Noodle Soup

- 2 pounds chicken parts, skinned if desired
- 5 cups water
- 1 medium onion, chopped
- 4 carrots, cut into ½ inch pieces
- 4 ribs celery, cut into ½ inch pieces
- 1 16-ounce can whole tomatoes, cut up
- 1 tablespoon instant chicken bouillon
- 1 tablespoon minced parsley
- 1 teaspoon salt
- ½ teaspoon dried rosemary
- ¼ teaspoon pepper
- 1 cup uncooked fine egg noodles

1. Combine all ingredients except egg noodles, in slow cooking pot. Cover and cook at setting # 3 for 6 to 8 hours or at Setting # 5 for 3 to 4 hours or until chicken and vegetables are tender.
  2. Remove chicken pieces from cooking pot and set aside to cool slightly. Increase heat to setting # 5 and add noodles, stirring to blend. Cover and continue to cook for 30 minutes.
  3. Meanwhile, remove chicken from bones and cut into bit-sized pieces. Return meat to cooking pot to heat as noodles finish cooking.
- Reduce heat to setting # 2 for serving.
- Makes 6 servings.

## **Fish Chowder**

- 2 pound fresh or frozen fish fillets (haddock, perch, cod, flounder)
- 2 tablespoons, lemon juice
- 4 slices bacon
- 1 cup chopped onion
- ¼ cup diced celery
- 4 medium potatoes, cut into cubes
- 4 cups hot water
- 1 16-ounce can stewed tomatoes
- 1 cup diced carrots
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 2 tablespoons dry sherry, optional

1. Cut fish into chunks and remove bones. Sprinkle with lemon juice. Cover and refrigerate
  2. Fry bacon in slow cooking pot on range top over medium heat until crispy. Drain on paper toweling, crumble and set aside.
  3. Sauté onion and celery in bacon drippings until brown. Transfer cooking pot to heating base using hot pads. Add potatoes, water, tomatoes, carrots, salt and pepper to cooking pot. Stir to combine. Cover and cook at setting # 3 for 4 to 5 hours or at setting #5 for 2 to 3 hours.
  4. Drain lemon juice from fish. Add fish, Worcestershire sauce, and sherry to cooking pot. Simmer for 1 hour or until fish flakes easily with fork. Reduce heat to setting # 2 for serving. Garnish with crumbled bacon.
- Makes 6 to 8 servings.

## **French Onion Soup**

- ¼ cup butter or margarine
- 4 medium onions
- ¼ cup flour
- 2 10 ½ - ounce cans beef broth
- 2 cups water
- croutons
- grated Parmesan cheese

1. Sauté onions in butter in slow cooking pot over medium heat of range top until golden brown about 15 to 20 minutes. Transfer cooking pot to heating base using hot pads.
  2. Sprinkle flour over onion and stir. Add beef broth and water, stirring to blend. Cover and cook at setting # 4 for 2 to 3 hours. Reduce heat to setting # 2 for serving. Add croutons and cheese to individual bowls when serving.
- Makes 4 servings.

## **Split Pea Soup**

- 1 pound dried green split peas
- 1 ½ pounds pork hocks or ham bone with meat
- 1 carrot, diced
- 1 medium onion, diced
- 1 rib celery, diced
- 2 quarts water
- 1 ¼ teaspoons salt
- ¼ teaspoon pepper
- ¾ teaspoon allspice

1. Wash and sort peas. Combine peas and all remaining ingredients in slow cooking pot. Cover and cook at setting # 3 for 7 to 9 hours or at setting # 5 for 4 to 5 hours until peas and vegetables are tender.
  2. Remove hocks or ham bone from soup and set aside to cool slightly. Meanwhile, puree soup, in batches, in blender or food processor. Return soup to cooking pot. Remove meat from bones and return to soup. Discard bones. Cover and heat 15 to 20 minutes at setting # 5 until hot. Reduce heat to setting # 2 for serving.
- Makes 6 servings.

### **Beef Roast with Vegetables**

- 3 ½ to 4 pound rolled beef roast
- seasoning
- 1 onion, quartered and sliced
- 6 carrots, peeled and cut into 1-inch pieces
- 6 medium potatoes, scrubbed, quartered and halved

1. Brown roast on range top over medium heat. Season as desired. Transfer cooking pot to heating base using hot pads.\*
2. Place onion, carrots and potatoes around roast. Add ½ cup water. Cover and slow cook at setting # 3 for 6 to 8 hours or setting # 4 for 4 to 5 hours. Juices that collect may be thickened for gravy if desired.

Makes 6 servings.

\* If rack is included with slow cooker, place browned roast on top of rack in bottom of pot.

### **Beef with Cauliflower**

- 1 pound beef round steak, thinly sliced
- 1 small head cauliflower
- 1 cup sliced green onions with tops
- 1 garlic clove minced
- 1 teaspoon sugar
- 1 10 ½ - ounce can beef broth
- ¼ cup soy sauce
- 1 green pepper, cut into ½ -inch squares
- 3 tablespoons quick cooking tapioca

1. Place all ingredients, except green pepper and tapioca in slow cooking pot. Stir to blend.
2. Cover and cook at setting # 3 for 6 to 7 hours. Increase heat to setting # 5 and add green peppers and tapioca. Cover and simmer 30 minutes, stirring after 15 minutes. Reduce heat to setting # 2 for serving. Serve over cooked rice.

Makes 4 servings.

### **Pepper Steak**

- 1 ½ pounds round steak, cut into thin strips
- 1 clove garlic, minced
- 1 cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ginger
- 1 teaspoon sugar
- ½ cup soy sauce
- 1 large green pepper, cut into strips
- 4 tomatoes, cut into eighths, or 1 1-pound can whole tomatoes undrained.
- 1 1-pound can bean sprouts, drained.
- 1 tablespoon cornstarch
- ½ cup cold water.

1. Brown steak in slow cooking pot on range top over medium heat. Transfer cooking pot to heating base using hot pads.
2. In a small bowl, combine garlic, onion, salt, pepper, ginger, sugar and soy sauce. Pour over steak. Cover and slow cook at setting g# 3 for 6 to 8 hours or at setting 3 4 for 4 to 5 hours.
3. Add green pepper, tomatoes and bean sprouts, stir to blend. Slow cook and additional hour. Just before serving, increase heat to setting # 5. Combine cornstarch and water. Gradually add to pepper steak, stirring until thickened. Keep warm for serving at setting # 2.

Serve with rice.

Makes 4 to 6 servings.



### **Porcupine Meatballs**

- 1½ pounds lean ground beef
- ½ cup raw rice
- ½ cup finely chopped onion
- ½ cup finely chopped green pepper
- 1 egg
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 10 ½ - ounce condensed tomato soup.

1. In mixing bowl combine ground beef, rice, onion, green pepper, egg, salt, and pepper. Mix well to blend.
  2. Shape meat mixture into 24 meatballs, about 1½ inches in diameter. Place meatballs in slow cooking pot. Pour soup over meatballs.
  3. Cover and slow cook at setting # 3 for 7 to 8 hours, or setting # 4 for 4 to 5 hours.
- Makes 4 to 6 servings

### **Slow Cooker Stew**

- 1 ½ pounds beef stew meat
- 1 medium onion, chopped
- 4 carrots, cut into bite sized pieces
- 2 ribs celery, cut into bite sized pieces
- 4 medium potatoes, peeled and cut into bite-sized pieces
- 1 28-ounce can whole tomatoes, undrained
- 1 10½-ounce can beef broth
- 1 tablespoon Worcestershire sauce
- 2 tablespoons dried parsley flakes
- 1 bay leaf
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons quick cooking tapioca

1. Brown beef cubes in slow cooking pot on range top over medium heat. Transfer cooking pot to heating base using hot pads.
  2. Add remaining ingredients, stirring to blend. Cover and slow cook at setting # 3 for 8 hours or at setting # 4 for 4 to 5 hours. Reduce heat to setting # 2 for serving.
- Makes 6 servings

### **Potluck Beef Barbecue**

- 1 4-pound beef chuck roast
- 1 cup water
- 1 tablespoon cider vinegar
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 14-ounce bottle catsup
- 1 15-ounce can tomato sauce
- 1 cup sweet pickle relish
- 2 tablespoons Worcestershire sauce
- ¼ cup brown sugar

1. Place roast, water, vinegar, salt, and pepper in slow cooking pot. Cover and cook at setting # 3 for 8 to 10 hours or until meat is very tender.
  2. Remove roast and put on cutting board. Discard cooking liquid. Shred roast but pulling apart with 2 forks. Return meat to cooking pot. Add remaining ingredients and stir to combine. Cover and increase to heat setting # 5. Cook for 30 minutes. Reduce to setting #2 for serving.
- Makes 16 servings

### Hot'n Spicy Stew

- 3 pounds beef stew meat, cut into 1-inch cubes
- 4 carrots, cut into ½-inch pieces
- 2 medium potatoes, cut into ½-inch pieces
- 1 large onion, chopped
- 1 6-ounce can small pitted, ripe olives, undrained
- 1 16-ounce jar mild salsa
- 1 teaspoon salt
- 1 teaspoon chili powder
- ¼ teaspoon ground cumin
- 1 tablespoon corn starch
- ¼ cup water

1. Combine all ingredients, except cornstarch and water in slow cooking pot. Stir well to blend.
  2. Cover and cook at setting # 3 for 7 to 9 hours or at setting # 5 for 3 to 4 hours until meat and vegetables are tender.
  3. Increase heat to setting # 5. Combine cornstarch and water. Stir slowly into stew mixture until thickened. Reduce heat to setting #2 for serving.
- Makes 6 servings

### Corned Beef and Cabbage

- 1 3-4 pound corned beef brisket
- 1 medium onion, sliced
- ½ teaspoon celery seed
- ½ teaspoon mustard seed
- 1 clove garlic, minced
- 1 bay leaf
- water
- 1 small head cabbage, cut into wedges

1. Place brisket with liquid and spices from package in slow cooking pot. Add onion, celery seed, mustard seed, garlic and bay leaf. Add just enough water to cover brisket, about 4 cups. Cover and cook at setting # 3 for 7 to 9 hours or until brisket is fork tender.
  2. During last hour of cooking, add cabbage wedges and continue cooking at setting # 3. Discard cooking liquid and spices.
- Makes 6 servings

### Oriental Chicken

- 1 2 ½ to 3 pound chicken, cut up
- 1 cup chicken broth
- ¼ cup lemon juice
- ½ cup chopped onion
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 8-ounce can tomato sauce
- 1 6-ounce package frozen pea pods or 1 10-ounce frozen peas, thawed
- 1 8-ounce can sliced water chestnuts, drained
- 1 4-ounce can mushroom stems and pieces, drained
- 2 teaspoons soy sauce

1. Brown chicken pieces in slow cooking pot with a small amount of oil over medium heat on range top. Transfer cooking pot to heating base using hot pads. Add broth, lemon juice, onion, salt, and pepper. Cover and slow cook at setting # 3 for 6 to 8 hours or until chicken is tender.
  2. Remove chicken pieces and place on warm platter. Increase heat setting to # 5. Add remaining ingredients; bring to boil. Thicken if desired with cornstarch and water. Pour over chicken for serving or place chicken pieces into cooking pot for serving and reduce heat to setting # 2.
- Makes 4 to 6 servings

### **Quick & Easy Sweet-Sour Chicken**

- 3 pounds chicken parts, skinned if desired
  - 1 20-ounce can pineapple slices, drained (reserve juice)
  - 1 8-ounce bottle creamy French salad dressing
  - 1 envelope dried onion soup mix
  - 1 tablespoon grated lemon peel
  - 1 small green pepper, cut into thin strips
1. Place chicken pieces in slow cooking pot. In bowl, combine pineapple juice, salad dressing, soup mix and lemon peel. Pour over chicken. Cover and cook at setting # 3 for 6 to 7 hours or at setting # 5 for 3 to 4 hours.
  2. Fifteen minutes before serving, arrange pineapple slices and green pepper strips over chicken to heat through.
  3. Arrange chicken, pineapple and green pepper on large platter. If desired, thicken juices with 1 tablespoon cornstarch dissolved in 1 tablespoon water. Stir slowly until juices are thickened slightly. Pour over chicken.
- Makes 6 servings.

### **Chicken Italiano**

- 3 pounds chicken parts, skinned if desired.
  - 2 1½-ounce envelopes dry spaghetti sauce mix.
  - 1 12-ounce can tomato sauce
  - 1 6-ounce can mushroom stems and pieces, partially drained
1. Place chicken parts in slow cooking pot. In bowl, combine sauce mix, tomato sauce, and mushrooms with liquid. Pour over chicken.
  2. Cover and cook at setting # 3 for 6 to 7 hours or at setting # 5 for 3 to 4 hours. Reduce heat to setting # 2 for serving.
- Makes 6 servings

### **Company Chicken**

- 3 pounds chicken parts, skinned if desired
  - salt and pepper to taste
  - 2 10 ½ -ounce cans condensed cream of mushroom soup.
  - 2 10 ½ -ounce cans condensed tomato soup
  - ¼ cup flour
  - 2 cloves garlic, minced
  - 1 16-ounce jar small whole onions, drained or 1 large onion sliced and separated into rings.
1. Season chicken parts with salt and pepper and place in slow cooking pot. In bowl, combine remaining ingredients, stir well to blend. Pour over chicken.
  2. Cover and cook at setting # 3 for 6 to 7 hours or at setting # 5 for 3 to 4 hours. Reduce heat to setting #2 for serving.
- Makes 6 servings

### **Roasted Chicken**

- 1 3 to 4 – pound roasting chicken
  - seasoned salt
  - pepper
  - paprika
1. Season chicken with salt, pepper and paprika. Place into cooking pot\*, cover and cook at setting #3 for 5 to 6 hours or at setting #4 for 3½ to 4 hours until meat thermometer inserted into thigh pieces registers 185-190° F. The use of seasoned salt and paprika will aid in the browning of the chicken.
  2. Thicken juices that will collect for gravy if desired.
- \* If rack is included with slow cooker, place browned roast on top of rack in bottom of pot.
- Makes 4 to 6 servings

### **Honey Glazed Ham**

- 4 pound boneless, fully cooked ham
- 1 12-ounce can lemon-lime (7-UP) soda
- ¼ cup honey
- ½ teaspoon prepared mustard
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon

1. Place ham and soda into slow cooking pot. \* Cover and cook at setting # 3 for 6 to 8 hours or at setting # 5 for 3 to 4 hours.
2. Thirty minutes before serving combine remaining ingredients including 3 tablespoons drippings from bottom of slow cooking pot. Spread glaze over ham. Cover and continue heating. Let ham stand for 15 minutes before carving.  
\* If rack is included with slow cooker, place browned roast on top of rack in bottom of pot.  
Makes 10 – 12 servings

### **Pork and Kraut Dinner**

- 4 lean pork steaks, about 2 pounds
- 2 tablespoons raw rice
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon sugar
- 1 tablespoon caraway seed
- 1 28-ounce can sauerkraut, rinsed in cold water.
- 1 cup tomato juice
- ¼ cup water

1. Place ingredients in slow cooking pot in order as listed in recipe. Cover and cook at setting # 3 for 6 to 8 hours or at setting # 5 for 3 to 4 hours. Six pork chops can be substituted for pork steak if desired. Reduce heat to setting # 2 for serving.  
Makes 4 to 6 servings.

### **Country Pork Stew**

- 1½ pounds pork, cut into 1-inch cubes
- 3 medium potatoes with skins, scrubbed and cubed
- 4 carrots, cut into ½-inch pieces
- 1 green pepper, cut into ½-inch pieces
- 1 medium onion, chopped
- 1 medium zucchini, cut into ½-inch pieces
- 1 16-ounce can whole tomatoes, cut up
- 2 cups water
- 1 tablespoon instant beef bullion
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- 3 tablespoons cornstarch
- 2 tablespoons water

1. Combine all ingredients, except cornstarch and 2 tablespoons water, in slow cooking pot. Stir to blend. Cover and cook at setting # 3 for 7 to 9 hours or at setting # 5 for 4 to 5 hours.
2. Increase heat to setting #5. Combine cornstarch and water. Stir slowly into stew mixture until thickened. Reduce heat to setting # 2 for serving.  
Makes 6 servings

### **Ham Stroganoff**

- 2 tablespoons butter or margarine
- 1 cup minced onion
- 8 cups (2 pounds) precooked ham, cut into ¼ inch strips.
- 1 8-ounce can mushroom stems and pieces, drained, reserve liquid
- 2 10½ - ounce cans condensed cream of mushroom soup
- 1 cup sour cream

1. Sauté onion in butter in slow cooking pot over medium-low heat on range top. Transfer cooking pot to heating base using hot pads.
  2. Add ham strips and drained mushrooms to cooking pot. In bowl combine reserved mushroom liquid with soup. Pour over ham mixture; stir to blend.
  3. Cover and cook at setting # 3 for 3 ½ to 4 ½ hours or until heated. Stir in sour cream 15 minutes before serving. Reduce heat to setting # 2 for serving. Serve over cooked noodles, rice or chow mien noodles.
- Makes 6 servings

### **Barbecued Spareribs**

- 3½ to 4 pounds country spare ribs
- 1 10½ - ounce can condensed tomato soup
- ½ cup cider vinegar
- ½ cup brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon celery seed
- 1 teaspoon chili powder

1. Trim excess fat off ribs. Place ribs in cooking pot.
  2. In mixing bowl combine tomato soup., vinegar, brown sugar, soy sauce, celery seed and chili powder. Pour over ribs
  3. Cover and slow cook at setting # 3 for 7 to 8 hours, setting # 4 for 5 to 6 hours or setting # 5 for 3 to 4 hours. Reduce to setting # 2 for serving.
- Makes 4 servings

### **Pork Chops with Yams**

- 4 to 6 pork loin chops, ½-inch thick
- 1 16-ounce can yams, drained
- 1 10½ - ounce can condensed golden cream of mushroom soup
- ½ cup dairy sour cream
- ¼ cup water

1. Brown chops in slow cooking pot over medium heat on range top. Transfer cooking pot to heating base using hot pads.
  2. Place yams over chops. In mixing bowl combine soup, sour cream and water. Stir until blended. Pour over yams and chops.
  3. Cover and slow cook at setting # 3 for 6 to 7 hours or at setting # 4 for 4 to 5 hours. Reduce heat to setting # 2 for serving.
- Makes 4 servings

### **Herb Roast Pork**

- 1 teaspoon salt
- 1 teaspoon thyme
- ½ teaspoon sage
- ½ teaspoon ground cloves
- 1 teaspoon grated lemon peel
- 1 4 – 5 pound pork roast, boneless or bone-in.
- 4 large cloves garlic, quartered
- 2 tablespoons water, optional
- 2 tablespoons cornstarch, optional

1. In small bowl combine salt, thyme, sage, cloves and lemon peel. Rub into pork roast. Cut 16 small pockets into roast and insert pieces of garlic.

- Place roast in slow cooking pot. Cover and cook at setting # 3 for 7 to 9 hours or at setting # 5 for 4 to 5 hours. Insert meat thermometer into roast to ensure internal temperature is 170° F or higher before serving. Allow roast to stand 10 – 15 minutes before carving. Remove garlic pieces. Juices may be thickened for gravy, if desired. Dissolve 2 tablespoons cornstarch in 2 tablespoons water. Stir slowly into juices until thickened at setting # 5.  
Makes 8 servings

### **Baked Fish Au Gratin**

- 3 pounds frozen white fish fillets, thawed
- 6 tablespoons butter or margarine
- 3 tablespoons flour
- 1½ teaspoons salt
- ½ teaspoon dry mustard
- ¼ teaspoon nutmeg
- 1¼ cups milk
- 1½ teaspoon lemon juice
- 1 cups shredded cheddar cheese

- Rinse fish fillets and drain on paper toweling. Set aside
- Melt butter in slow cooking pot on range top over medium heat. Add flour, salt, dry mustard and nutmeg stirring to blend. Gradually add milk, stirring constantly until thickened. Add lemon juice and cheese. Stir until cheese is melted. Transfer cooking pot to heating base using hot pads.
- Place fish fillets into cooking pot, spooning sauce over fish to cover. Cover and cook at setting # 5 for 1 to 1 ½ hours or until fish flakes. Reduce heat to setting # 2 for serving.  
Makes 6 servings

### **Shrimp Marinara**

- 1 16-ounce cans whole tomatoes, cut up
- 2 6-ounce cans tomato paste
- 1 cup water
- 3 tablespoons minced parsley
- 2 cloves garlic, minced
- 1 tablespoon sugar
- 1½ teaspoons Italian seasoning
- 1 teaspoon salt
- 1 teaspoon basil
- ¼ teaspoon pepper
- 2 12-ounce packages frozen, large cocktail shrimp

- Place all ingredients, except shrimp, into slow cooking pot. Stir to combine. Cover and cook at setting # 3 for 7 to 9 hours or at setting # 5 for 3 to 4 hours.
- Thaw shrimp by running under cold water. Stir shrimp into sauce, cover and continue cooking for up to 30 – 45 minutes. Reduce heat to setting # 2 for serving. Serve over hot cooked pasta with grated Parmesan cheese.  
Makes 6 servings.

### **Boston Baked Beans**

- 4 cups dried navy beans
- 8 cups water
- 1 tablespoon salt
- 1 medium onion, chopped
- ½ pound salt pork, cut into 1-inch cubes
- ½ cup molasses
- ½ cup catsup
- ¼ cup brown sugar
- 2 teaspoons dry mustard

- Rinse and sort beans. Place beans, water salt and onion and salt pork into slow cooking pot. Cover and cook at setting # 3 for 14 to 15 hours or overnight until beans are tender. Cooking time of beans can be reduced by precooking methods as follows: Place beans and water in slow cooking pot. Place pot on range top and bring to boil over medium heat. Boil 2 minutes. Transfer cooking pot to heating

base using hot pads. Add salt, onion and salt pork, stirring to blend. Cover and cook at setting # 3 for 3 to 4 hours until beans are tender.

2. Drain beans, reserving 2 cups of liquid. Return beans to cooking pot. In bowl combined reserve bean liquid with remaining ingredients. Pour over beans and stir to blend. Cover and cook at setting # 3 for 3 to 4 hours. Reduce heat to setting # 2 for serving. Makes 10 to 12 servings.

### **Baked Acorn Squash**

Cut 2 small acorn squash in half. Remove seeds and stringy portion. Place halves in cooking pot, skin side down in layers. Add ½ cup water if desired. Cover and cook at setting # 5 for 2 to 2 ½ hours or until tender. Just before serving season with salt, pepper and a pat of butter or margarine.

### **Frozen Vegetables**

- 2 10-ounce packages or 1 20-ounce bag frozen vegetables
- ½ cup water
- ½ teaspoon salt

1. Put vegetables in slow cooking pot; do not thaw. Add water and salt.
2. Cover and cook at setting # 4 for 50 to 60 minutes or until tender. Reduce heat to setting # 2 for serving. Season as desired.

### **Perfect Steamed Rice**

- 1 tablespoon butter or margarine
- 1 pound long-grained raw rice
- 5 cups hot tap water
- 2½ teaspoons salt

1. Rub interior of pot (bottom and sides) with butter or margarine. Place rice, water and salt in pot. Cover
2. Place pot on base and steam rice at setting # 5 for 1 to 1 ½ hours or until all water is absorbed. Stir after 1 hour. Keep warm for serving at setting # 2.  
Makes 5 cups

### **Steam-Baked Potatoes**

- 4 to 6 baking potatoes, white or sweet
- ½ cup water

1. Scrub potatoes and prick skins. Place in layers in cooking pot. Add water.
2. Cover and cook at setting # 5 for 1 ½ to 2 hours or until tender. Reduce heat to setting # 2 to keep warm for serving. Makes 4 to 6 servings.

### **Heating Baked Goods in Your Slow Cooker**

Place baked goods in pot. Cover pot and set on base. Heat baked goods that are not frozen for 30 minutes at setting # 1. For frozen baked goods heat for 1 hour at setting # 2. The following baked goods can be heated in your slow cooker.

- ?? up to 8 sweet rolls
- ?? up to 8 doughnuts
- ?? up to 12 dinner rolls and muffins
- ?? up to 6 hard breakfast rolls
- ?? up to 8 taco shells
- ?? up to 8 hamburger buns

## 90-Day Warranty

Your West Bend Warranty covers failures in the materials and workmanship of this Slow Cooker for 90 days from the date of original purchase. This warranty does not cover discoloration or damage to the non-stick surface caused by misuse, abuse, scratches or overheating. Any failed part of the Slow Cooker will be repaired or replaced without charge.

This warranty gives you specific legal rights and you may have other rights, which vary from state to state. This warranty does not cover alleged damage caused by misuse, abuse, accidents or alterations to the Slow Cooker.

If you think the Slow Cooker has failed or requires service, and is within the warranty period, please carefully package and return the Slow Cooker prepaid and insured with a description of the difficulty to:

The West Bend Company  
Attn: Housewares Returned Goods  
1100 Schmidt Road  
West Bend, WI 53090-1961  
(262) 334-6949

Please ensure that you enclose the dated sales receipt or proof of purchase and a copy of this warranty page, in order to assure warranty coverage.

### NOT VALID IN MEXICO

This booklet contains important and helpful information on your new product. Please file it for handy reference to instructions for proper use and care, warranty and service information.

For your personal reference, attach dated sales receipt for warranty proof of purchase and record the following information:

Date purchase or received as a gift \_\_\_\_\_

Where purchased and price, if known \_\_\_\_\_

### REPLACEMENT PARTS

Replacement parts for the Slow Cooker may be obtained directly from the company's Customer Service Department. **Order on-line at [www.westbend.com](http://www.westbend.com) or write or call:**

The West Bend Company  
Attn: Housewares Customer Service  
P.O. Box 2780  
West Bend, WI 53095-2780  
(262) 334-6949

Be sure to include the model number of your slow cooker, a description of the part you want and the quantity. Along with this information please include your name, street address, phone number and your Visa, MasterCard or Discover credit card number of the billing of the part(s) to you. Your state's sales tax and a shipping/handling fee will be added to your total charge. Or, to send a check or money order, call (262) 334-6949 to obtain purchase amount. Please allow 2 weeks for delivery.

**Note:** West Bend® does not sell any internal electrical parts for the Slow Cooker.